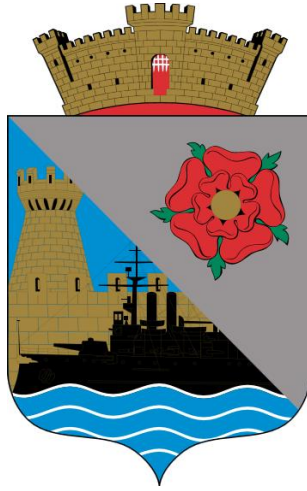




VESTFOLD
fylkeskommune



Horten Municipality



HORTEN
KOMMUNE



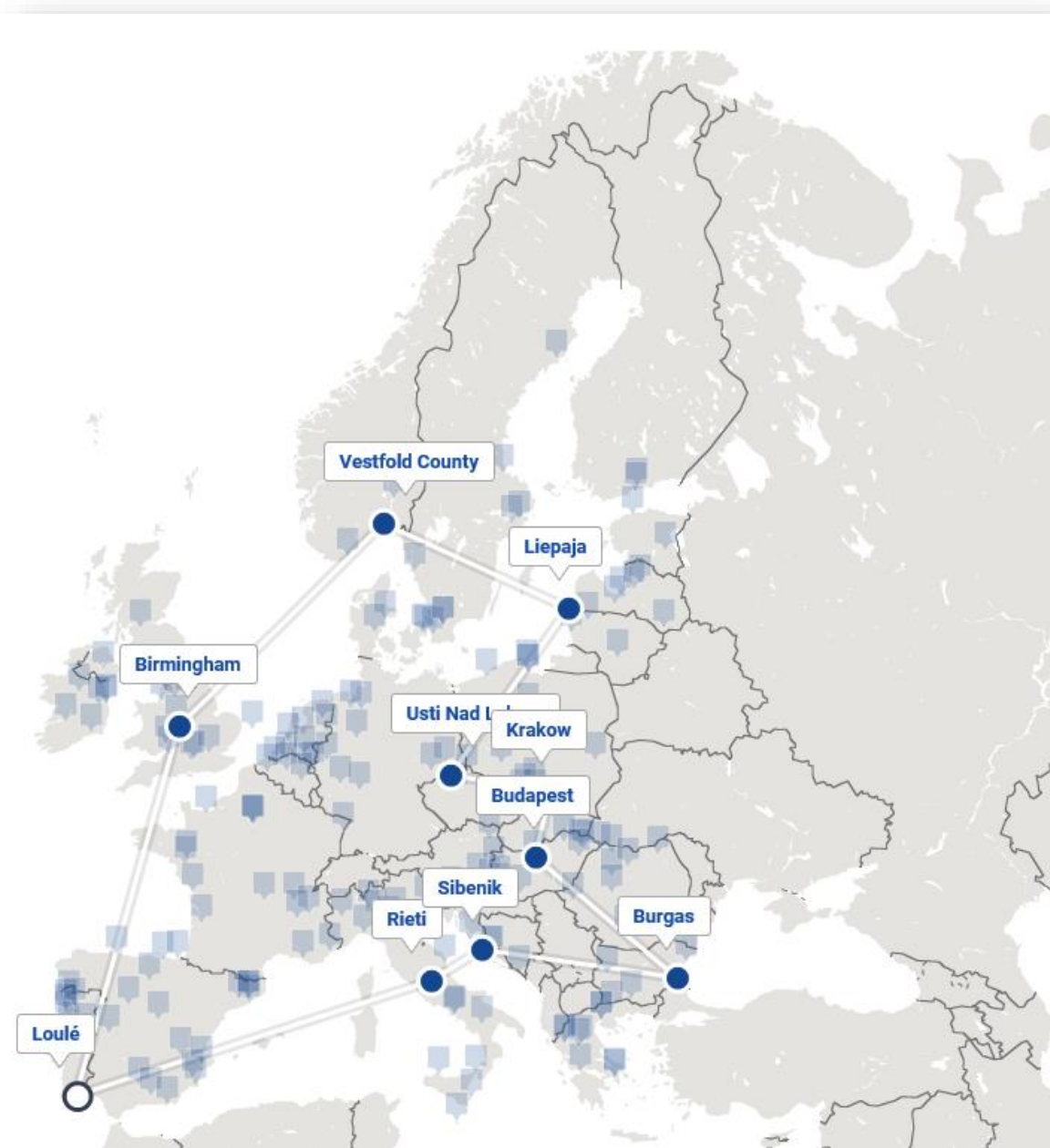
VITAL CITIES

Urban sports promotion for social inclusion, healthy and active living

Lead Partner: Loulé - Portugal

Partners: Rieti (Italy), Sibenik (Croatia), Burgas (Bulgaria), Budapest (Hungary), Krakow (Poland), Usti Nad Labem (Czech Republic), Liepaja (Latvia), Vestfold County (Norway), Birmingham (United Kingdom),

The project seeks answers on how to combat social exclusion through the redesign of public spaces through innovative urban sport actions, physical equipment and better orchestrated service delivery.





City context



HORTEN
KOMMUNE

Horten – home of opportunities

Visions and goals

- Horten is:
 - Attractive
 - A good place to grow up
 - Safe
 - A place of nature and a healthy environment





Folketall ⁱ

[per 3. kvartal 2017]

Population

27 321

 innbyggere

Endringer i befolkningen

Population change



Fødte ⁱ

241

 personer [per 2016]

Nettoflytting ⁱ

39

 personer [per 2016]

Døde ⁱ

261

 personer [per 2016]

Vekt i befolkningen siste kvartal ⁱ

51

 personer [per 3. kvartal 2017]

Forventet utvikling

Expected growth



Befolkning i 2030 ⁱ

29 950

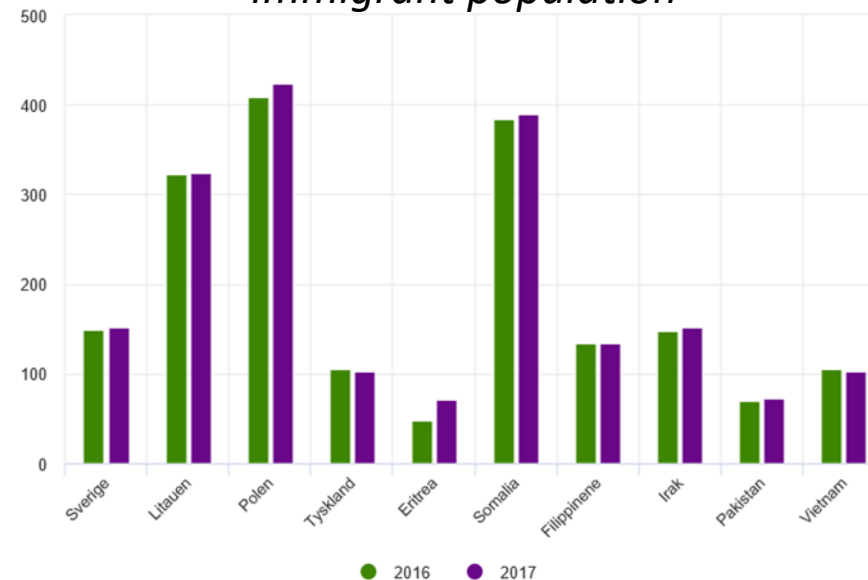
 innbyggere [per 2030]

Befolkning i 2040 ⁱ

31 679

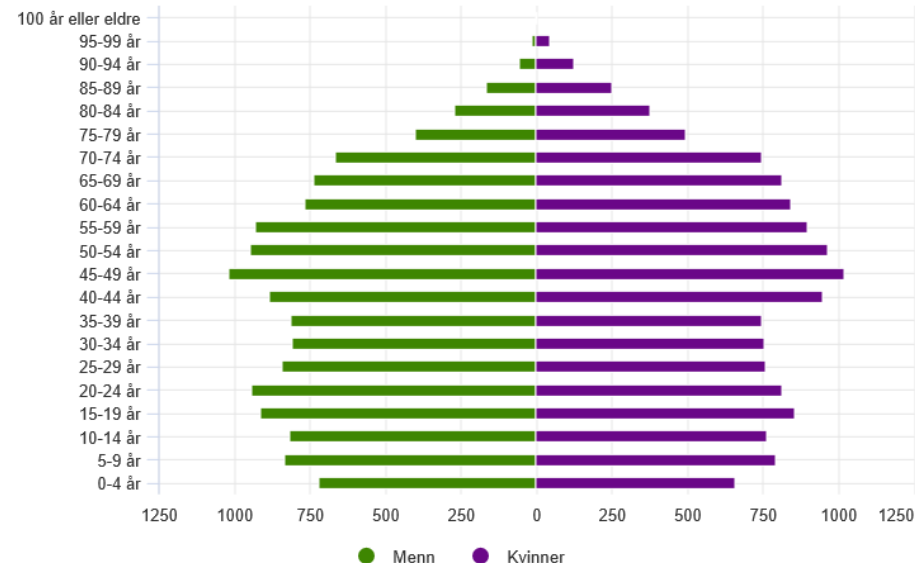
 innbyggere [per 2040]

Immigrant population



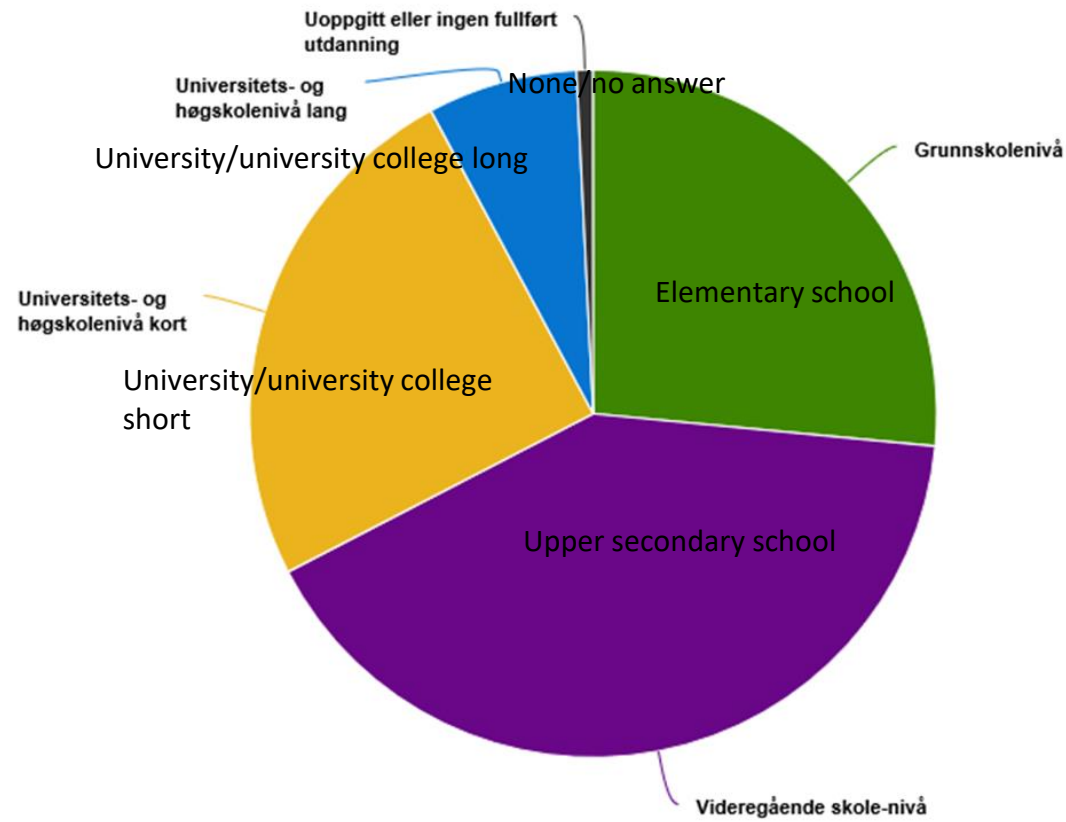
Kilde: Innvandrere og norskfødte med innvandrerforeldre, Statistisk sentralbyrå.

Demography



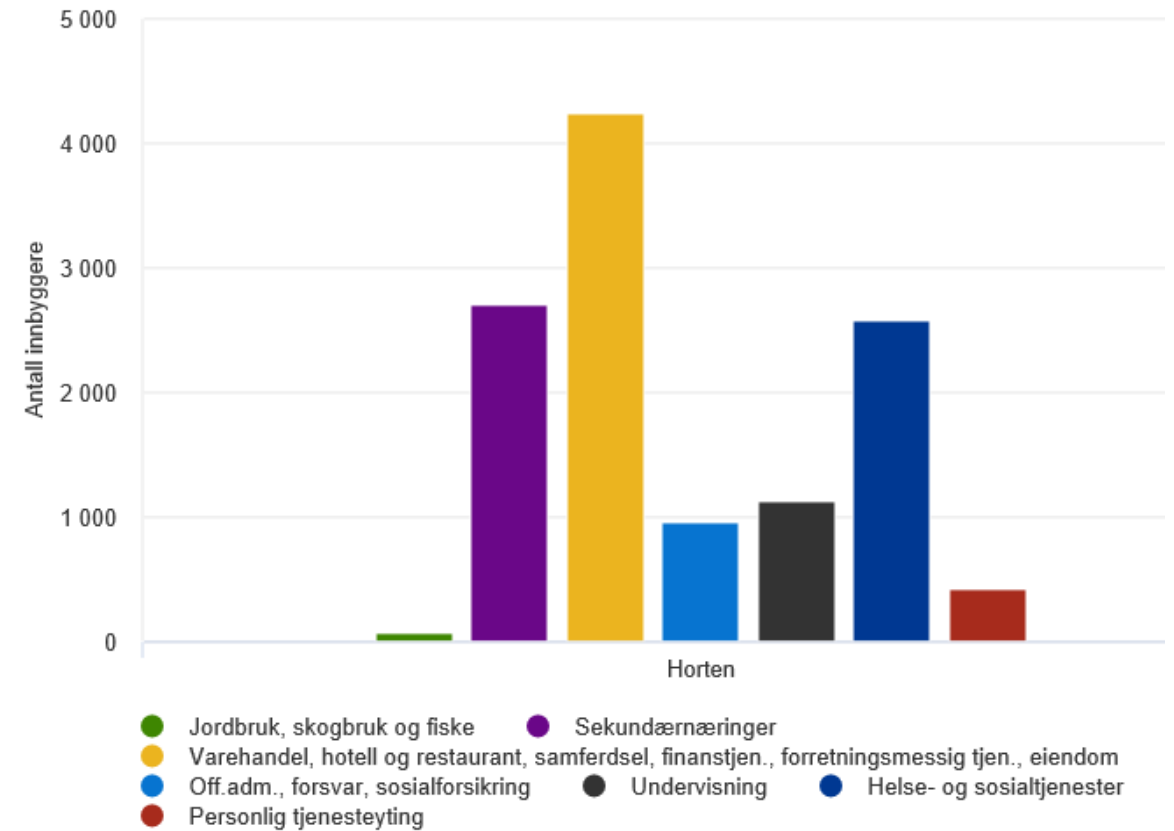
Kilde: Folkemengde, Statistisk sentralbyrå

Educational levels for persons 16 years old and up



Kilde: Utdanningsnivå, Statistisk sentralbyrå

Occupational composition



Kilde: Registerbasert sysselsetting, Statistisk sentralbyrå

Farming, forestry, fishing
 Service, hotel, restaurant, shop clerks etc.
 Public administration, defence, social security
 Education
 Health and social services
 Personal services

M C N % (Municipal, county, national)

Children in low income households

Children in single headed families

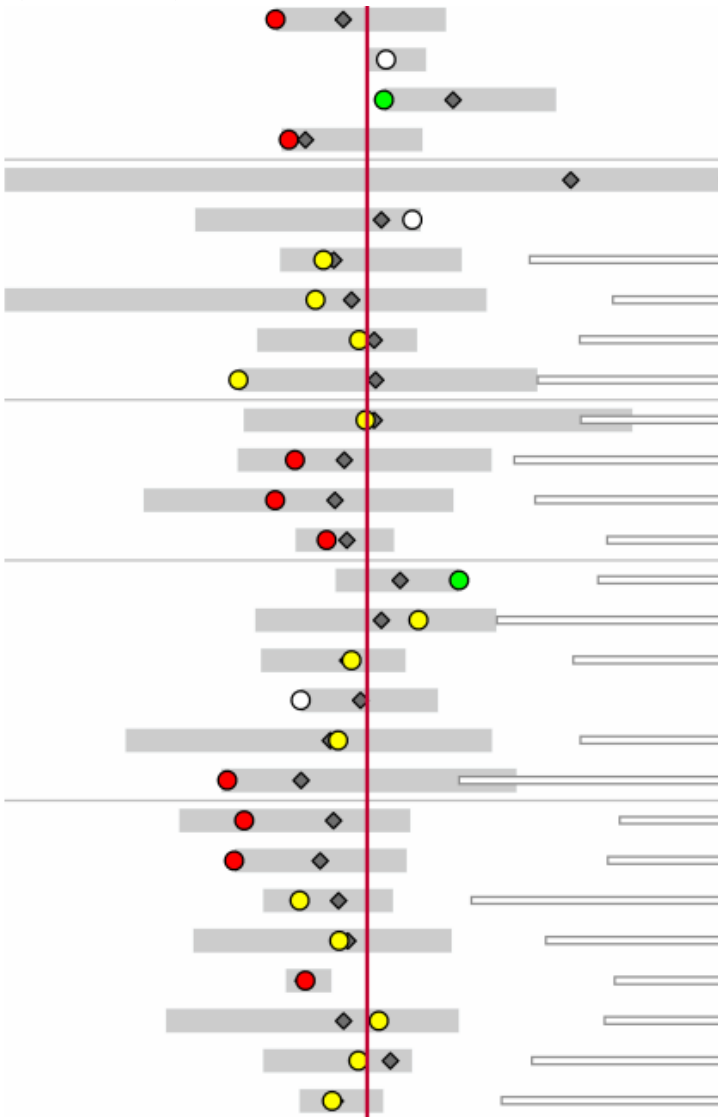
Youth satisfied with local environment, participates in organized activities

Children with lowest levels of skills in reading and math

Inactive and obese children and youth

Mental health issues, youth and young adults

		M	C	N	%
Levekår	5 Lavinntekt (husholdninger), 0-17 år	16	13	12	prosent
	6 Inntektsulikhet, P90/P10	2,7	2,7	2,8	-
	7 Bor trangt, 0-17 år	17	14	19	prosent
Miljø	8 Barn av enslige forsørgere	18	18	15	prosent
	9 God drikkevannsforsyning	100	95	88	prosent
Skole	10 Forsyningsgrad, drikkevann	96	90	88	prosent
	11 Skader, behandlet i sykehus (ny def.)	14,4	14,2	13,7	per 1000 (a,k)
	12 Fornøyd med lokalmiljøet, Ungd. 2017	68	69	70	prosent (a,k)
	13 Med fritidsorganisasjon, Ungd. 2017	65	66	66	prosent (a,k)
Levevaner	14 Fortrolig venn, Ungdata 2017	88,0	90,2	90,1	prosent (a,k)
	15 Trives på skolen, 10. klasse	86	86	86	prosent (k)
	16 Laveste mestringsnivå i lesing, 5. kl.	28	25	24	prosent (k)
Helse og sykdom	17 Laveste mestringsnivå i regning, 5. kl.	30	26	24	prosent (k)
	18 Frafall i videregående skole	25	23	22	prosent (k)
	19 Lite fysisk aktiv, Ungdata 2017	10	12	14	prosent (a,k)
	20 Overvekt inkl. fedme, 17 år	20	22	23	prosent (k)
	21 Alkohol, har vært beruset, Ungd. 2017	13	13	12	prosent (a,k)
	22 Alkoholomset., dagligvare og Vinmonopol	5,5	5	5	liter per person
	23 Røyking, kvinner	8,4	8,6	7,8	prosent (a)
	24 Har brukt cannabis, Ungdata 2017	4,1	3,3	2,6	prosent (a,k)
	25 Forventet levealder, menn	77,7	78,5	78,8	år
	26 Forventet levealder, kvinner	81,9	82,7	83,1	år
27 Utdanningsforskjell i forventet levealder	5,4	5,1	4,9	år	
28 Fornøyd med helse, Ungdata 2017	70	70	71	prosent (a,k)	
29 Psykiske sympt./lid, primærh.tj., 15-29 år	180	181	152	per 1000 (a,k)	
30 Muskel og skjelett, primærh.tj. (ny def.)	317	324	319	per 1000 (a,k)	
31 Hjerte- og karsykdom (ny definisjon)	18,1	17,3	17,9	per 1000 (a,k)	
32 Lungekreft, nye tilfeller	65	64	58	per 100 000 (a,k)	



Results from the annual public health barometer. Red diagonal line = the national average.

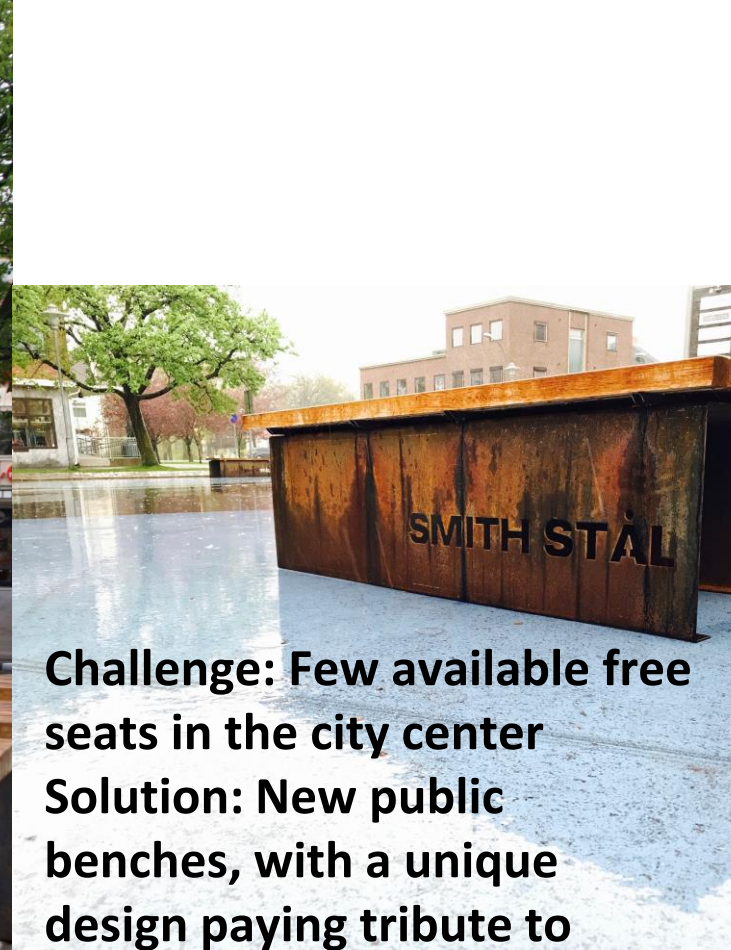


HORTEN KOMMUNE

How do we do it?



**HORTEN
KOMMUNE**



Challenge: Few available free seats in the city center
Solution: New public benches, with a unique design paying tribute to Horten's proud steel industrial history



HORTEN
KOMMUNE

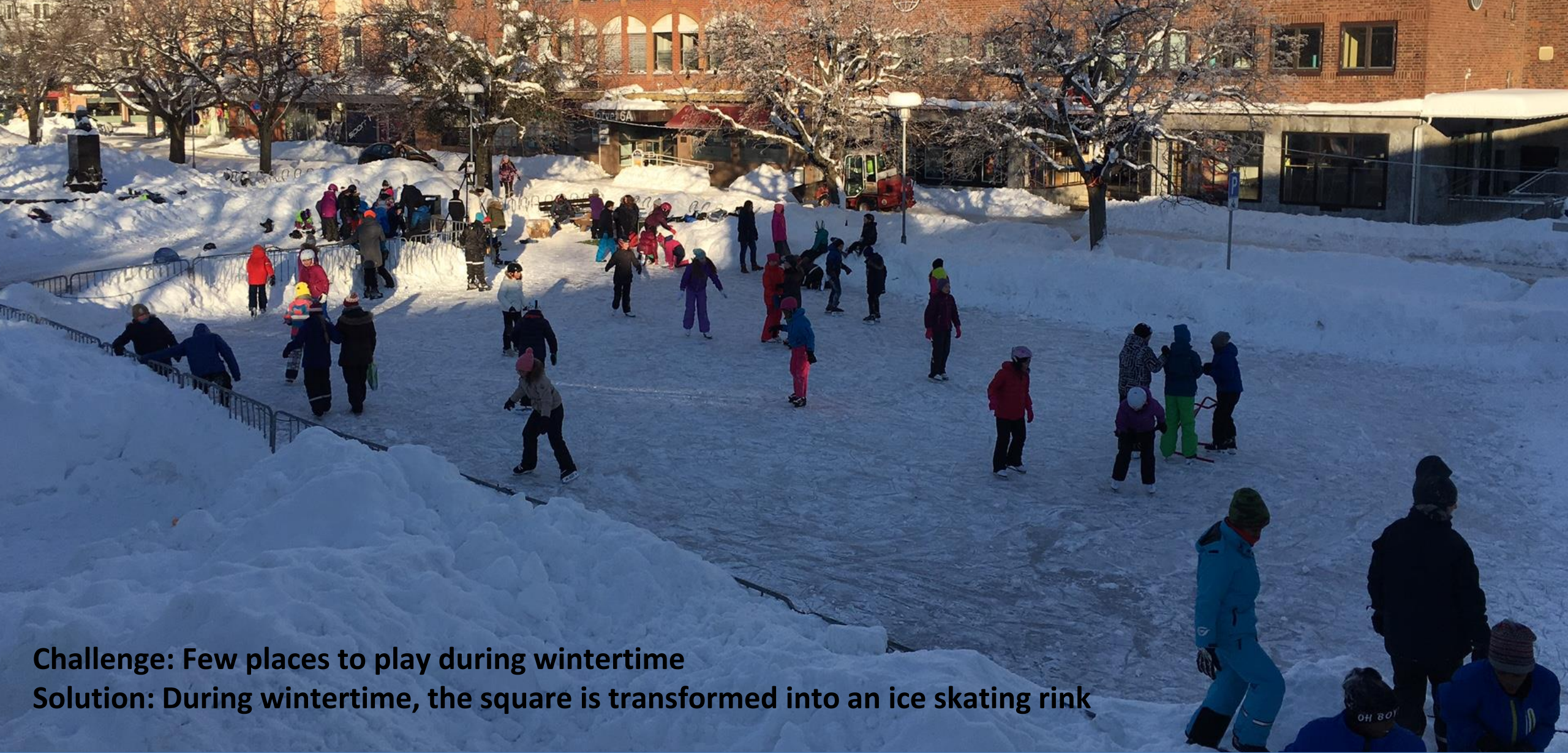


Solution: Removal of parking spaces, refurbishment and new cover

Challenge: Little or no use of the main square



**HORTEN
KOMMUNE**



Challenge: Few places to play during wintertime

Solution: During wintertime, the square is transformed into an ice skating rink



HORTEN
KOMMUNE

Health Promoting Adolescence in Horten

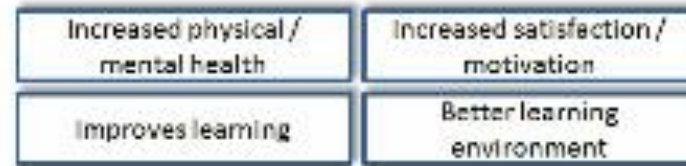
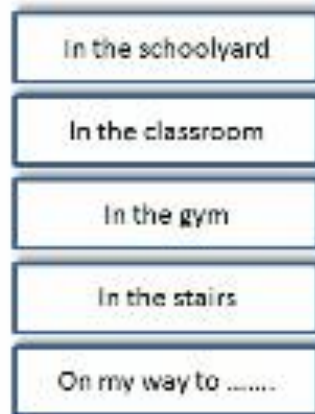


HORTEN
KOMMUNE



HORTEN
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- HOPP is Horten's comprehensive program for physical and mental wellbeing
- The target group is children and youth from prenatal care to the age of 18
- The program comprises measures for physical activity, learning methods and nutritional advice and guidelines



Background


- Child Growth program: every 6th pupil in 3rd grade are overweight
- Established overweight in 4th grade increases risk for permanent weight problems in adolescence and adulthood
- Major social inequalities in health
- Increased risk for a variety of somatic and mental disorders
- Challenges related to inactivity and diet
- Clearer guidelines and legislation to municipalities

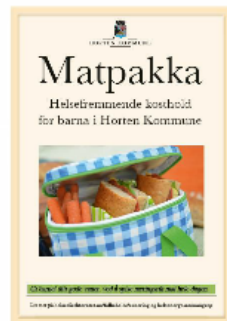


Diet and nutrition

1. Surveyed diet and nutrition at municipal arenas
2. Quality assured that the Directorate of Health recommendations are followed

Actions kindergarten and school:

- Joint purchasing agreement
- School Breakfast secondary school
- Warm Food SFO
- Folder 
- Children's own recipe collection



Anbefalinger om kosthold, ernæring og fysisk aktivitet - Helsedirektoratet 2014
Retningslinjer for skolensåltidet - IS-0048 - Helsedirektoratet (revideres 2015)
Retningslinjer for mat og måltider i barnehagen - IS - 1484 - Helsedirektoratet 2007

Aim

- Promoting health, development, learning and wellbeing of children and adolescents
- Preventing overweight, obesity, inactivity and lifestyle diseases
- Reduce social inequalities in health



Health services for children and youth

- Pregnant
 - Diet- and nutritionguide
 - Guidance physical activity
- Health services
 - Screening
 - Closer monitoring of young childrenfamilies
- School health services
 - Screening weight and height
 - Group consultations
 - Provision of individual monitoring
 - Close collaboration with parents



...and Horten was nominated to the national Innovation prize for the HOPP-project



Horten Love – a successful initiative to promote the city's qualities and to develop a sense of pride among the inhabitants



HORTEN
KOMMUNE

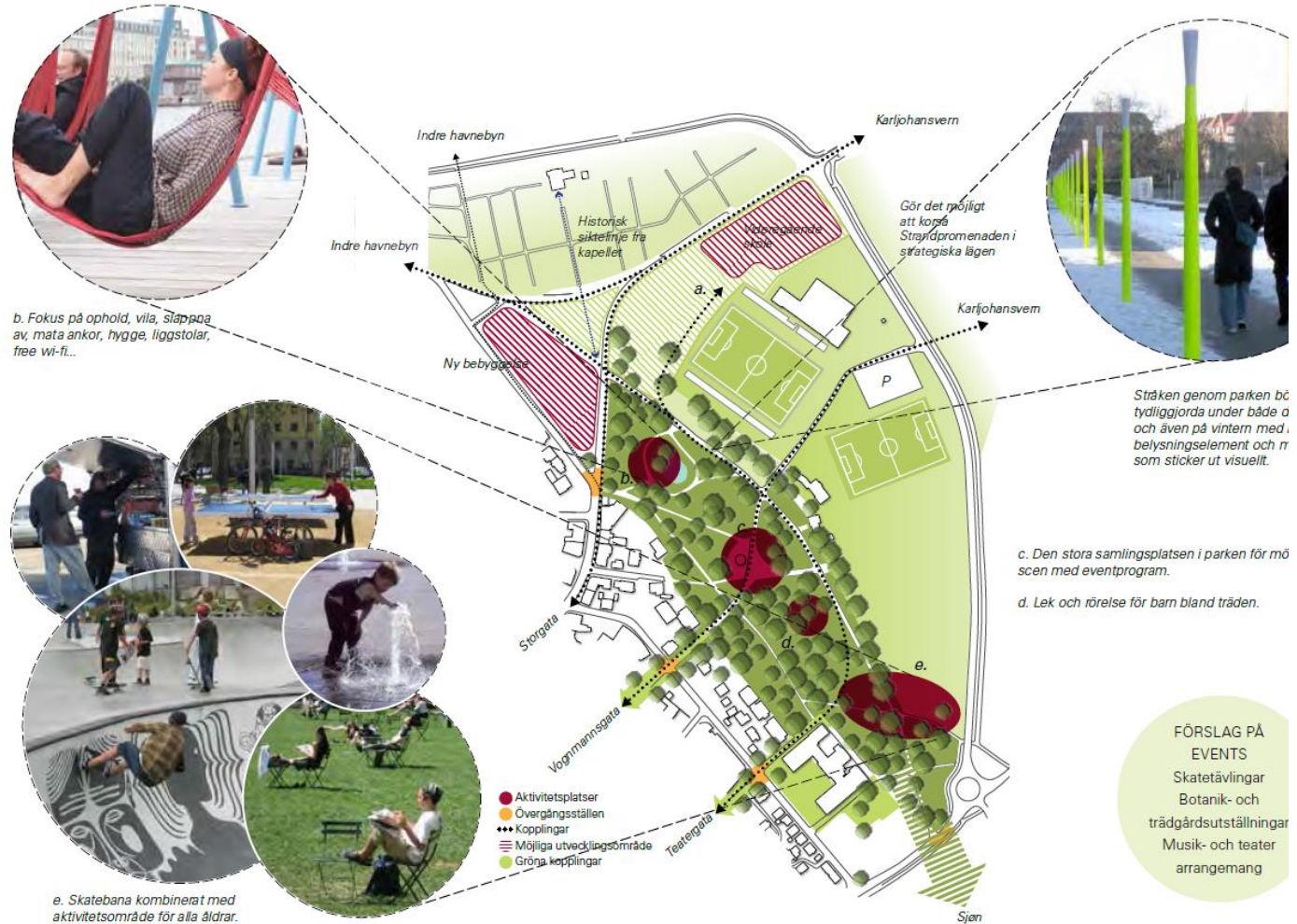
**Actions and delivery
– using the URBACT
method**



HORTEN
KOMMUNE

The IAP target area

- Lystlunden is the main public park in Horten, located in the heart of the city
- Used for local festivals, holidays and big events
- A place of history and pride
- Decreasing use over the last decades
- Ongoing work to revitalize and develop the park with infrastructure for physical activity
- The goal is to develop the park as a natural place to work out, play, walk, and socialize

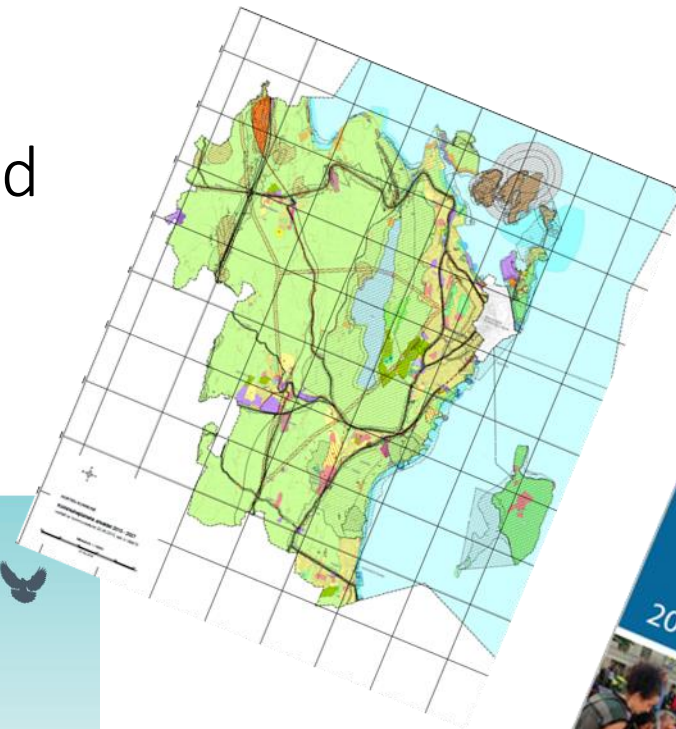
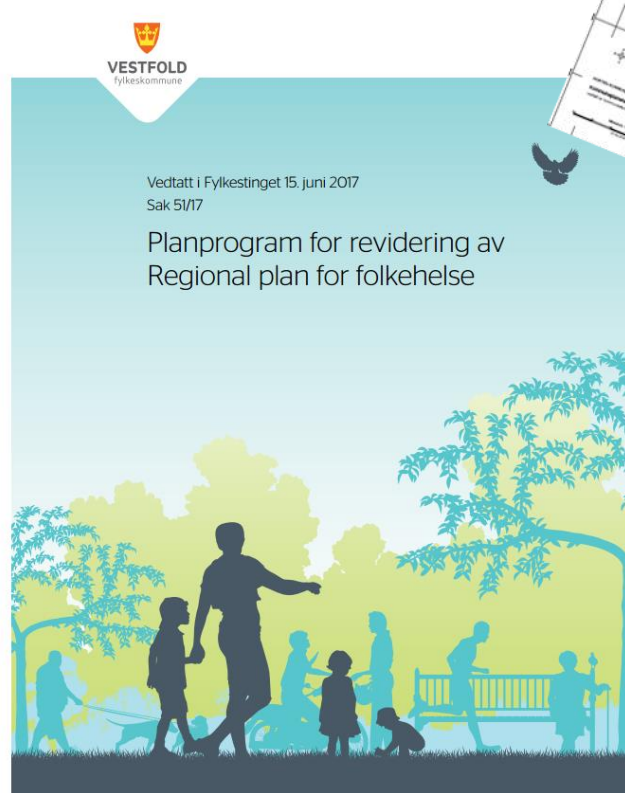
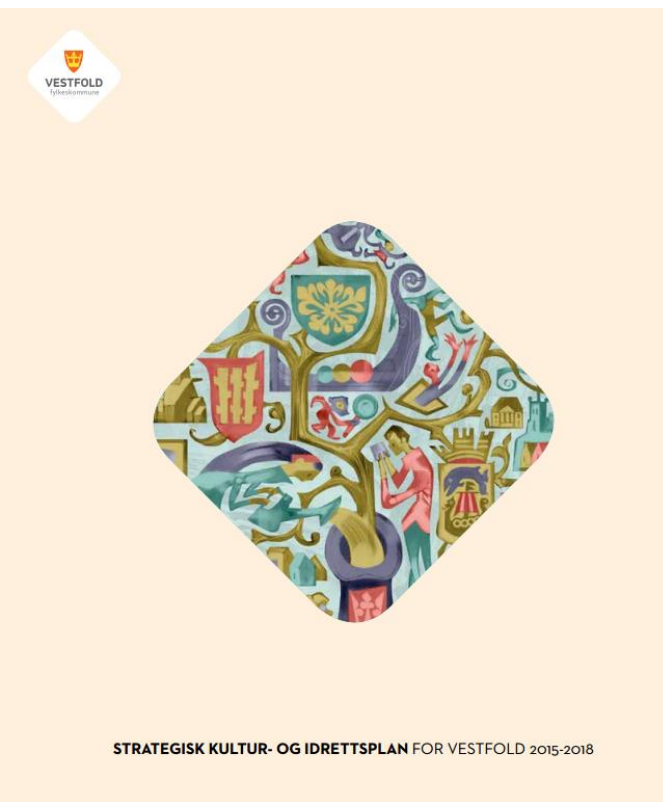


Cross-sectorial cooperation is a prerequisite to address complex challenges and coordinated service delivery

- The IAP is a product of cocreation processes and coordination of plans, actions and knowledge between different levels and sectors:
 - Horten Municipality (Local level)
 - Municipal Development, Culture, Health, Upbringing, Park and Sports
 - Vestfold County Administration (Regional level)
 - Departments of Public Health, Property, Sports and Regional Development



Coordination of actions in regional and municipal plans



The URBACT method – outcome in Vestfold and Horten

INTEGRATED



- working across dept. silos
- positive externalities
- addressing social, economic, physical and environmental dimensions

- Increased understanding of each others work and perspectives
- Lowered threshold of involving other sectors in daily work and processes
- Increased knowledge – better solutions
- More holistic approach to resolving complex issues

ACTION



- action-oriented
- useful
- concrete
- in partnership with local stakeholders

- Knowledge about *how and who* to involve in participation processes
- How to use the method to create real participation processes
- How to define and set the objectives
- Break down to units – make it clear what and how to measure and monitor results

PLAN



- a structured document
- including timing and budget
- task allocation - who does what when?

- All perspectives are represented
- Some actions are to be delivered within
- The frameworks of existing plans – funding allocated
- Some actions are at the planning stage
- Continuing work with applications for funding



RESULTS FRAMEWORK for Integrated Action Plan, Horten municipality & Vestfold County

Specific objectives	Intended results	Outputs
1. Make use of methods for real participation and co-creation processes <i>when planning the city</i> .	Increased youth participation and empowerment in developing local society.	Guidelines for youth participation, inspired by the experiences of “Young voices” (Vestfold County).
2. Organise, coordinate and communicate activities that are universal, fun, inclusive and low threshold in the municipality.	<p>Increase in number of active people in the municipality.</p> <p>Increase in numbers of active youth in Lystlunden park.</p>	<p>Activity Calendar collecting all activities in Lystlunden park, disseminated on Horten Love web-page (Horten)</p> <p>Actions that promotes physical activity and the joy of moving among youth (Horten)</p>
3. All new facilities invested in are customized to local needs and the specific place.	<p>Increased social inclusion and mobility in Lystlunden park.</p> <p>Better understanding of how to meet the needs of different groups in design, for example by taking the perspectives of girls.</p>	<p>New facilities and design that promotes socialization and physical activity in the region (Horten & Vestfold).</p> <p>Finalizing the art-project in Lystlunden park (Vestfold County).</p>



Funding Scheme

- National funding in Program for Public Health in the Municipalities 2019-2022
- County budget
- Municipal budget



ACTION: Web-based Activity Calendar

Action Owner: Horten municipality

Short Description
Collection of all activities and events going in the municipality throughout the year

Stakeholders
 Civil Society

Links to Objective 3

Finance & Resources *Municipal budget*

Action Readiness App. 2018/19

Risks:
 Difficult to collect information, maintain the calendar and ensure that important events are registered

Activity	Dates	Outputs	Related Activities	Problems/Concerns
Developing an activity calendar consisting of sports events, social, literary events ie that is offered by the municipality and other organizations	Annual	Systematic and accessible information, increased numbers of users/participants	Communicate the calendar to the public	Difficulties in communicating/get traffic on the site
Communicate the calendar to the stakeholders	Running	Easier accesbilty to offers	Dissemination on municipal level	Difficult to engage stakeholders/collect information about activities

ACTION: Lystlunden park

Action Owner: Horten municipality

Short Description

The park has a long and proud history, but the use has decreased over the decades. The municipality is working with revitalizing and developing the park. Facilities for unorganized activities are one of the main objectives.

Stakeholders

Horten municipality

Links to Objective 2

Finance & Resources

Municipal budget
(National program for public health)

Action Readiness Ongoing

Risks:

Not “hitting the target”
Some groups privatize the park
Too specific infrastructure – not broad/universal enough to be attractive to all groups

Activity	Dates	Outputs	Related Activities	Problems/Concerns
Deliver infrastructure for physical activity	2016-	Active and inclusive meeting places		Not hitting the target – infrastructure are not attractive enough
Promote the park as an attractive hangout	2016-	Acitivating inactive youth	Information and promotion	Barriers to go out and join in The target group is not interested/don't see the value in using the park

ACTION: Inclusion of the perspectives of Vital Cities in the National Program for Public Health

Action Owner: Horten municipality

Short Description

Better mental health for children and youth through universal actions and through developing public spaces and neighborhoods

Social inequality

Stakeholders
Vestfold County
Civil Society

Links to Objective 1

Finance & Resources Municipal funding & National Directorate for Public Health

Action Readiness 2018-2022

Risks:

Difficult to identify the right target groups and the best actions
The application for the program is not approved

Activity	Dates	Outputs	Related Activities	Problems/Concerns
Develop universal actions through participation processes	2018-2021	Inclusive meetingplaces for increased socializing and daily activity	Training programs for municipal employees	Challenges to secure participation
Develop tools for coping strategies	2018-2021	Better tools for coping with everyday life and challenges	Dissemination across sectors working with youth	Not able to address the right groups

ACTION: Encourage social inclusion in designing outdoor facilities for physical activity in public space

Action Owner: Vestfold County

Short Description

In allocating lottery fund for financing of facilities in local areas, Vestfold County prioritizes facilities encouraging both physical activity and socializing in design and solutions.

Stakeholders

Vestfold county
Municipalities of Vestfold

Links to Objective 3

Finance & Resources Lottery fund, municipal budgets & Lottery fund for innovative sports facilities

Action Readiness

County Council decision of the Strategic Cultural Plan in December 2018

Risks:

Related projects in other countries might not be suitable for the Norwegian context

Activity	Dates	Outputs	Related Activities	Problems/Concerns
Disseminate documented effects of including social arenas in facilities for sports and outdoor activities	January 2019 - 2022	Increased understanding of the benefits of designing for social inclusion in facilities for physical activity among planners	Study tour with municipal employees	Difficulties selling the idea
Highlight examples of facilities customized to both girls and boys	January 2019 - 2022	Customized projects	Study tour with municipal employees	Gender stigmatisation
Develop guidelines to inspire the applicants	January 2019 - 2022	Guidelines	Dissemination on national level	Making the guidelines interesting and understandable
Prioritize lottery fund to projects designed for social inclusion	January 2019 - 2022	Innovative facilities	Youth participation	Municipal funding

ACTION: Enhancing the capacity of real participation and co-creation in designing facilities for physical activity

Action Owner Vestfold County

Short Description

Vestfold County facilitates exchange of experiences, capacity building and co-creation between sectors to enhance physical activity and inclusion in public space.

Stakeholders

Vestfold county
Municipalities of Vestfold
Forum for Nature and
Outdoor living

Links to Objective 1

Finance & Resources: County budget

Action Readiness

County Council decision of the Strategic Cultural Plan in December 2018

Risks:

Making the capacity building relevant for the municipalities and organisations

ACTIVITIES

Activity	Dates	Outputs	Related Activities	Problems/Concerns
Clarify expectations of stakeholders	August 2018	Program	None	None
Kick-off work-shop between Forum for sports and Outdoor living, Public Health Network and municipal planners	October 2018 March 2019	Increased municipal cross-sectorial cooperation	Other network meetings	Overload networking, time-consuming

ACTION: Youth participation in municipal planning for sports and outdoor activities

Action Owner: Vestfold County

Short Description

Vestfold County has gained experiences in youth participation. This action transfers these experiences to planning for sports and outdoor activities.

Stakeholders

Vestfold County
Municipalities in Vestfold
Vestfold Sports Organisation

Links to Objective 1

Finance & Resources Public Health section & Sports and outdoor section

Action Readiness

County Council decision of the Strategic Cultural Plan in December 2018

Risks

Gap of expectations

ACTIVITIES

Activity	Dates	Outputs	Related Activities	Problems/Concerns
Establish group of experts on youth participation to make guidelines, based on experiences from «Young voices»	January 2019 - 2022	Guidelines for youth participation for municipalities	“Young voices” Capacity building in action	Finding motivated youth to join
Facilitating participation activities on demand from the munic’s.	January 2019 - 2022	Meetings, planning documents	UKM, “Young voices”	Gap of expectations



HORTEN
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